



MEET ROSALINA • *Melaleuca ericifolia*: A Little Gem for a Stressful World

Introduced to the Aromatherapy world for the first time only 15 years ago, Rosalina essential oil has become a quiet star. Rosalina is a member of the *Melaleuca* genus, which includes the more illustrious Tea Tree and Niaouli oils, but she has more in common with Lavender, Rosewood, Coriander Seed and Thyme ct linalool. These oils all contain a very high percentage of linalool, which is the monoterpene alcohol in Rosalina (between 42-62%), chiefly responsible for her systemic relaxing effects. Also present in major proportions in Rosalina are the oxide 1,8-cineole, an important respiratory support molecule, along with a group of monoterpenes, tiny molecules responsible for rapid activity against infection.

Energetically, Rosalina is perhaps the oil best suited for topical massage (3-5% dilution in a carrier oil) or inhalation in cases of cold, flu, indeed any respiratory infection. This oil has been found to be gentle enough to apply undiluted (never on mucous membranes or sensitive areas), however experience has shown that most oils are MORE highly active when LESS is applied. When essential oils are diluted in a carrier oil or are vaporized with a diffuser, the liberated molecules show remarkable activity, more so than when used undiluted!

Rosalina massages, chest rubs and inhalations are best done in the evenings, before bed, as she deeply relaxes both the mind and body. According to Dr. Daniel Penoël, her capacity to soothe worries, calm headaches and irregular heartbeats and reduce stress in the nervous, respiratory and digestive systems is almost unparalleled in any other single oil. Take Rosalina home, you'll love her!

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by Julia Fischer